

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention and Education Program

Issue 66

<http://www.clark.wa.gov/health/tobacco/tidbits.html>

November 2005

Promoting Great American Smokeout

The American Cancer Society's 28th annual Great American Smokeout (GASO) is November 17. Every year the goal is to help smokers quit cigarettes for at least one day, in hope they will quit forever. Planned activities for Skamania County include: • Rock Creek Center will show anti-tobacco public service announcements continuously in their front lobby • All food and convenience stores in Skamania county will provide Quit Line matches • Stevenson High School M.A.S.H. group will assemble special GASO quit kits and distribute them to many community locations • Quit Line ads will appear in the Skamania Pioneer newspaper • Skamania County Commissioners are expected to pass a GASO Resolution at their meeting the week of November 7 • Skamania Lodge will promote the Quit Line to employees throughout the month and to community members at the Red Cross Blood Drive on November 11 at the Lodge. For more ideas check the [Centers for Disease Control and Prevention](http://www.cdc.gov) website or log onto [The American Cancer Society](http://www.americancancersociety.org) - "Plan Your Quit Day." To join the Skamania County GASO planning committee contact [James Lanz](mailto:James.Lanz@clark.wa.gov): 360.397.8416

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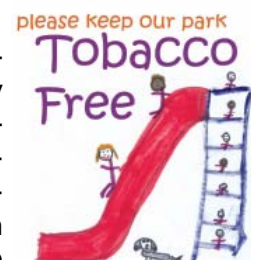
Clark College Employee Receives the Selecky Award

Congratulations to [Mary Deal](#) Health Services Officer, Clark College on being selected by the Washington State Department of Health to receive a Selecky Award for her tobacco prevention efforts at the college. The Selecky Awards, named for [Secretary of Health Mary Selecky](#), are presented to people and groups that have excelled in the prevention and control of tobacco in Washington. Secretary of Health Selecky presented the award to Mary during the State conference November 3rd in Seattle. "Mary has been an outstanding tobacco prevention advocate for many years," according to James Lanz, Clark County Health Department public health nurse, who nominated Mary for the award. In 2002 she was instrumental in drafting a new "Smoking/Tobacco Products" policy for Clark College that prohibits the sale of tobacco products or tobacco related merchandise, prohibits the free distribution of tobacco and associated products, and prohibits advertisement of tobacco products at campus events regardless of sponsorship. She is an active member of the Tobacco Free Coalition of Clark County and two of its task forces, the Secondhand Smoke Task Force and the Cessation Task Force. Mary works with a student-peer education team at Clark College to sponsor tobacco awareness and cessation activities throughout the year, including the American Cancer Society's annual Great American Smokeout. "Being recognized by my peers in the state is quite an honor," said Mary. "In becoming a 100% tobacco free campus, Clark College is taking the next step toward an even safer and healthier campus. Many people worked very hard for a long time to bring this change, and it is my privilege to be part of the process."



Vancouver-Clark Parks and Recreation Will Host an Unveiling of Signs

Playgrounds, ballgames, beaches and concerts in parks will be designated as "tobacco-free" on November 15 at Esther Short Park (see calendar). The Tobacco-Free Parks Policy was drafted by the Vancouver-Clark Parks and Recreation Advisory Commission in February, and was recently adopted via resolution by both the Clark County Board of Commissioners and the Vancouver City Council. The policy requests voluntary compliance in keeping specific areas in the parks free of smoke, as well as litter and residue associated with tobacco use. The signs feature artwork from local children and ask park users to keep the area tobacco-free. Contact: [Theresa Cross](#), 360.397.8215 x7378





Each month, Tobacco Tid-Bits dishes up details on a local smoke-free restaurant listed in the [Guide to Smoke-free Dining in Southwest Washington](#). This month we feature Smitty's Family Dining - a favorite restaurant in the Camas-Washougal area for over 45 years. A few years ago the restaurant went smoke-free for a Mother's Day brunch which spurred their decision to become permanently smoke-free. Patrons preferred the cleaner smell and healthier atmosphere. After Smitty's was sold, new owner Martin Boe never considered changing the policy. He said he has seen too many family members and friends suffer from tobacco addiction and knows it's healthier for the customers and employees. "The restaurant stays cleaner, and even smokers appreciate the smoke-free atmosphere," said Martin. Smitty's serves breakfast, lunch and dinner featuring an extensive menu covering 6 pages. Ten different burgers are available, home-made soups and salads, plenty of hot and cold sandwiches, and a senior menu with smaller portions and prices. Popular breakfast items include sweet potato pancakes and the Smitty Scramble, which has everything in it and isn't for the small appetite. Original owner Leon Smitty still visits for an occasional meal and was honored last year with a "Founder's Day" meal with new owners and old-timers who have dined at Smitty's over the years. A new dinner menu item, beef ribs, sold out in 2 hours on a recent evening. Smitty's is located at 1816 NE 3rd Ave. in Camas, and is open from 7 AM to 8 PM Sunday through Thursday, 7 AM to 9 PM Friday and Saturday.

Students Take Home Skills From Advocacy Training

The Youth Advocacy Training workshop in October was a big success with students from all over Clark and Cowlitz counties participating. The major goal was to influence young people to avoid tobacco use and become responsible advocates for a tobacco-free America. Participants learned advocacy skills and the importance of networking. They each left with a specific action plan and the self confidence to follow it to completion. Speakers included Erik Vidstrand, Multnomah County Health Department employee and founder of the "Barfmobile, Barfing Team", Vancouver Mayor Royce E. Pollard, television reporter and tobacco prevention advocate Kimberly Nelson, and the Clark County Youth Commission. "I have been doing programming with youth for over 20 years and this events ranks as one of the best I have ever been a part of," said Willie Manns, Coordinator of the Tobacco Prevention/ Safety Prevention Center at Educational Service District 112 and one of the event coordinators. "Not because it was well attended and supported by many, but because I got to see firsthand that youth learning from adults can make a lasting impression in their lives."



Networking



Advocate skills



Action plan



Kimberly Nelson, Mrs. Oregon
& television reporter



Royce E. Pollard
Vancouver Mayor



Willie Manns
ESD 112

Health Department Giving Away Tobacco Prevention Items

The Clark County Health Department Tobacco Prevention and Education Team has cleaned out their storage areas to get ready to move to the new building, and they have lots of materials to give away including: hundreds of the EPA "Smoke-Free Homes Pledge" kits, perfect for health fairs and school parent nights and several varieties of posters. Some of the images may be dated and most would appeal to younger students. Multiple copies are available on a first come basis and any leftover items will be discarded by the end of the year. Contact: [Theresa Cross](#), 360.397.8215 x7378

Clark County Health Department Will Move in January

In early January, 2006 the Clark County Health Department will move from its present location to the Clark County Center for Community Health Building. As of December 1, 2005 the phone number will change to 360.397.8000. The current 360.397.8215 number will roll over to the new 360.397.8000 number as they transition. Phone numbers for James Lanz and Long Vue will remain the same, Theresa Cross can be reached at 360.397.8000 x 7378

Health Department Address as of 1/1/06

County Center for Community Health Building
1601 E Fourth Plain Blvd., 3rd Floor
Vancouver, Washington 98661
360.397.8000



ABC Series Focuses on Smoking Cessation and Lung Cancer Prevention

This November, ABC News' "World News Tonight" will launch ["Quit to Live: Fighting Lung Cancer," a series of reports on smoking cessation and lung cancer prevention](#). Throughout the month, "World News Tonight" will devote unprecedented attention to reports on smoking cessation, public health policy surrounding smoking and tobacco, and the latest medical advances on lung cancer treatment and prevention. "World News Tonight" producers will embed with several people trying to quit smoking during the month of November and periodically report on the highs and lows of their challenge. "World News Tonight" is partnering with the Centers for Disease Control and Prevention, the National Cancer Institute and the North American Quit Line Consortium to provide resources to help people quit smoking. "World News Tonight" will direct viewers to the national network of Quit Lines, 1-800-QUIT-NOW, which automatically connects callers to their state-based Quit Lines, and to the web site www.smokefree.gov for additional resources on cessation and lung cancer, through www.wnt.abcnews.com. In addition, ABCNEWS.com will devote a portion of its Web site to "Quit to Live: Fighting Lung Cancer." The section will include links to smoking cessation resources; and a "Quitters Blog" documenting peoples' attempts to quit smoking — as well as "World News Tonight's" reporting on smoking and lung cancer.

Smoking Hinders Sperm, Study Says

Smoking decreases fertility by impairing the ability of sperm to bind to eggs, [MedPage Today](#) reported Oct. 19. Researcher Lani Burkman, Ph.D., of the University of Buffalo School of Medicine said that the data show that male long-term smokers are likely to have reproductive problems. "In a direct fertility testing situation, we can show that two-thirds of smokers have lost some or a lot of their fertilizing capacity," said Burkman. Researchers measured the binding capability of sperm taken from 18 chronic smokers and compared their data to sperm from nonsmokers. Only 6 of the 18 smokers had even 65 percent of the reproductive capacity of the control group; nine had 35 percent or less of the capacity of nonsmokers. "Not only did they fail, they failed miserably," said Burkman.

Smokers' Bones Take Longer to Heal, But Quitting Helps

Smokers who break a leg take 62% longer to heal than nonsmokers, but even quitting for a few weeks after the injury can speed up recovery time. The link between smoking and poor healing is well-known, for example; doctors won't do spinal fusion surgery unless patients quit smoking. A 2000 study from Kentucky found that spinal-fusion patients who quit were far more likely to return to work than those who continued to smoke. Smoking is also suspected of contributing to osteoporosis. ([10/17/05 Associated press](#))

Cultural Competency Training

November 14 –15 Cultural Competency, Yakima. This two day training covers a comprehensive introduction, the five elements of cultural competency, and building community partnerships and school/community systems. Participants will be able to identify the relevance of each element in their own workplace, and be more aware of how cultural misunderstandings contribute to ineffective interactions between peers and team members. The intended audience is tobacco prevention contractors, community partners, school administrators. The training will take place Monday, 11/14 from 10:00 AM. to 5:00 PM. and Tuesday, 11/15 from 8:30 AM to 3:30 PM. Participants should plan to attend both days and will be on their own for lunch. Location: 33 South 2nd Avenue Yakima 98902. Contact : Susan Martin susanm@esd105.wednet.edu 509.454.3127 or log onto: <http://www.tobaccoprc.org/coursedetail.cfm?id=13>

2006 World Conference on Tobacco or Health International Youth Advocacy Training

The Campaign for Tobacco-Free Kids and Essential Action will be coordinating a pre-conference youth advocacy training leading up to the World Conference on Tobacco or Health (WCTOH) in July 2006 in Washington, DC. The training will facilitate networking and skill sharing between youth advocates from different countries, prepare youth for actions and events during the WCTOH, and lay a foundation for future cross-border youth advocacy campaigns against the tobacco industry. The pre-conference training, which will take place July 10-11, 2006, will include up to 100 participants from around the world, including up to 50 participants from the U.S. and Canada. They are currently accepting applications from youth advocates in the U.S. and Canada, ages 15 - 25. The pre-conference organizers will provide housing and meals for all participants during the two-day pre-conference. Both youth and adult participants are responsible for their own travel, WCTOH registration, lodging, meals and all other expenses throughout the remainder of the WCTOH. All applicants must fill out a brief application and submit it via email or FAX to Holly Aprea at The Campaign for Tobacco-Free Kids by Friday, November 4, 2005. Contact Holly for an application at haprea@tobaccofreekids.org or 202.296.5427

Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
- [Tobacco Free Coalition of Clark County](#)
- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Health Department Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
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Calendar of Events

- 11/10 Secondhand Smoke Task Force** meeting, 1:30-3 PM, Health Department.
Contact: [Theresa Cross](#), 360.397.8215 x7378
- 11/15 Press Conference Unveiling of Tobacco Free Parks signs**, 3:00 PM, Esther Short Park.
Contact Toni Wise 360.619.1136
- 11/17 Great American Smokeout**—www.cancer.org for more information.
- 12/01 Skamania Coalition** meeting, 3:30-5 PM, Rock Creek Center, Stevenson. Contact: [James Lanz](#): 360.397.8416
- 12/06 Tobacco Free Coalition of Clark County**, 2:30-4 PM Memorial campus of SWMC, Medical Office Building, Fir/Willow Room, 100 E. 33rd St,Vancouver. Contact: [James Lanz](#): 360.397.8416
- 12/15 Cessation Task Force** meeting, 2:30-4 PM Clark County Health Department, Garden Conference Room.
Contact: [James Lanz](#): 360.397.8416

Please [let us know](#) about your tobacco related events so we can post them here.

Tobacco Prevention and Cessation Related Web Links

- [Action on Smoking and Health](#) - Everything for people concerned about smoking and nonsmokers' rights, smoking statistics, quitting smoking, smoking risks, and other smoking information: www.ash.org
- [Americans for Nonsmokers' Rights](#) - Leading national organization dedicated to nonsmokers' rights: www.no-smoke.org
- [American Legacy Foundation](#) - A national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use: www.americanlegacy.org
- [Campaign for Tobacco Free Kids](#) - Fighting to free America's youth from tobacco and to create a healthier environment: www.tobaccofreekids.org
- [CHAMPSS](#), Children Helping And Motivating Parents to Stop Smoking - Provides kids with tips on how to talk to their parents about quitting smoking, and offers educational materials and other information they will need to support their parents through a quit attempt: www.champss.org
- [Chewfree.com](#) is a website designed to help people quit using chewing tobacco or snuff (smokeless tobacco): www.chewfree.com
- [O2 Magazine](#) - A publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents with feature stories original artwork and photographs: www.unfilteredtv.com/o2magazine/index.php
- [Tobacco Fact Clipboard](#) - The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database: www.americanlegacy.org/factclipboard
- [Smokefree Housing](#) - Housing Connections offers a searchable database that includes *nonsmoking* as an apartment criteria option under *advanced search*: www.housingconnections.org/Search.cfm
- [SMOKEFREE Network](#) - Site aimed at winning the right to breathe smoke-free air, facilitating communication among smoke-free advocates and key decision makers and sharing information about the tobacco industry: www.SMOKEFREE.net
- [Smoke-Free Pregnancy Resource](#) - A national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant women quit smoking and spread the word about effective, evidence-based treatments: www.smokefreefamilies.org
- [Smoke-free Restaurants in Washington](#). Washington State Department of Health web-based interactive map listing nearly 5,000 smoke-free restaurants (including some bars and taverns) around the state. www.secondhandsmokesyou.com. Click [Clark County](#) or [Skamania County](#) for local restaurants.
- [Tobacco Scam](#) - Know a restaurant that needs convincing to go smoke free? Have them get the facts about the benefits of going smoke-free at: www.TobaccoScam.ucsf.edu
- [Tobacco Quit Line](#) - A cessation specialist will provide free one-on-one counseling and a customized quit plan to help you kick the habit for good. Listen to a sample call at: www.QuitLine.com
- [UnfilteredTV.com](#) - is a Washington State Department of Health web site where you can find facts and information about the dangers of tobacco, interactive features, ways to get involved in the real-world, news stories, contests and much more: www.unfilteredtv.com
- [Tobacco Prevention Resource Center](#) (TPRC) - provides training and technical assistance to Washington State Department of Health tobacco prevention and control contractors and other key stakeholders. Operated by ESD 112 in partnership with the network of nine ESDs in Washington State. www.tobaccoprc.
- [The Tobacco Technical Assistance Consortium](#) (TTAC) is an independent, nonprofit organization dedicated to assisting organizations in building and growing highly effective tobacco control programs: www.ttac.org

Links to external resources are provided as a public service and do not imply endorsement by the Clark County Health Department.